

Gait and Shoe Wear

The visible signs of wear on your footwear will vary depending on your biomechanics and general foot type.

The normal outsole wear pattern of footwear worn by someone with a normal gait cycle reveals natural wear on the outside (lateral) edge of the heel and even wear across the midfoot and forefoot.

A supinator will possess footwear that shows signs of excessive wear along the entire outside (lateral) edge of the outsole. When footwear worn by supinators are viewed from the rear, both shoes will appear to tilt outwards. (laterally)

Individuals who more severely overpronate will have footwear that shows signs of excessive outsole wear along the inside (medial) edge of the midfoot and the forefoot. When footwear worn by overpronators are viewed from the rear, both shoes will appear to tilt inwards. (medially)

